

501 Possibility of Regression (ALL)

Description • Participant previously at risk, has since improved & no longer at risk; if they did not continue WIC, they may not maintain their improved status (they may “regress” back to having the original risk again)

Assess Readiness for Change: with open ended questions

- “Your xx (i.e. their past risk such as low iron) has improved. Why do you think it improved?”
- “What health or eating concerns do you have today?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready → “I don’t have any concerns. Everything is fine.”</p> <p>Raise awareness & personalize change</p>	<p>• “I’m glad you are doing well. Since you started WIC, how do you think your eating has changed?”</p>	<p>• “You are eligible for WIC because you had a health or nutrition risk that has improved. We want to continue your WIC to make sure you stay healthy.”</p> <p>• “We offer these xx nutrition classes. Which one sounds most interesting to you?”</p>
Record Plan or Goal Participant chose xx class for next nutrition ed class. Will re-assess preferred classes next appointment.		
<p>Unsure → “I didn’t think my xx (i.e. iron) had improved. I still feel so tired?”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<p>• “Your xx (i.e. hgb) has improved, but having a new baby is tiring. How much rest are you able to get each day?”</p> <p>• “You may not be getting enough to eat? How often do you eat?”</p> <p>• “On a scale of 1-10, how concerned are you that your xx (i.e. iron) will be low again?”</p>	<p>• Risk improvement may be just above the cut-off level. Ask questions related to their risk, to assess possibility of regressing back to having that risk again.</p>
Record Plan or Goal Mom skipping breakfast. Will try to eat breakfast every day. Re-asses complaint of tiredness next appointment.		
<p>Ready → “Before WIC, I didn’t know which foods were high in iron, but now I do. When will you check my iron again?”</p> <p>Help plan change-support</p>	<p>• “We were happy to have helped you learn about iron! Since your iron was normal, we will re-check it again in xx (i.e. a year).”</p> <p>• “What high iron foods have you added to your diet?”</p>	<p>• “Those are great iron foods. We do the finger stick at cert but if you want us to check it more often let us know.”</p>
Record Plan or Goal Mom would like iron checked in two months. Re-asses iron status next appointment.		
Education Resources	<p>http://www.health.gov/DietaryGuidelines/dga2005/document/default.htm Resource- <i>Dietary Guidelines for Americans (repeat source)</i></p> <p>http://www.mypyramid.gov/ Resource- <i>MyPyramid (repeat source)</i></p> <p>http://kidshealth.org/classroom/index.jsp?Grade=cc&Section=hhfl Resource- <i>Healthy Habits for Life (tool kit- Sesame Street)</i></p> <p>http://www.americanheart.org/presenter.jhtml?identifier=1200009 Resource- <i>Healthy Lifestyle- American Heart Association</i></p>	